

Trot, trot to Boston

13 residents to run in marathon

By Grey Perry
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DUXBURY — There will be 13 runners from Duxbury among the over 11,000 runners who will cross the starting line at the 101st annual Boston Marathon on Patriot's Day.

Chances are, you may have passed these runners on the street, as most of them have been in training for the past three months or more, running in and around Duxbury. Not all runners could be reached, but those who were told remarkably similar stories.

Kenneth Mattern, 40, is a
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Staff photo/Grey Perry

Running for charity

— Dr. Siobhan Sheehan is running in Monday's Boston Marathon to raise money for the National Spinal Cord Injuries Association.

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lieutenant colonel in the Air Force. He ran cross country for Scituate High School, but didn't take up running seriously until he was 29. He said he wanted to get back into shape. He had developed a herniated disk in his back. He couldn't walk for two days and couldn't run for two months. No surgery was necessary, he said. "I lost 19 pounds in the process of getting back into shape. I decided to try to run in the Marine Corps marathon to see if I could come back. I ran 3:41 in that race. This will be my third marathon, and since I'm based in the area, I wanted to try running in the Boston Marathon."

Mattern does much of his training at Hanscom Field, after work as an Air Force lawyer. He said he puts in 40 miles a week, with one long run of 15 miles, several shorter runs

of eight miles, and some speed work of shorter distances. He said he feels good, but wouldn't predict a finishing time. "I'm too superstitious about that," he said.

Robert Hike, 45, will be running in his fourth marathon, his first Boston race. He has been running for 25 years. He said his training begins in December, when he runs 25 miles a week and then he works up to 45 miles a week in the weeks before the race. His long runs are around Duxbury on weekends. "The dogs are not a problem, but some of the drivers are. They don't give us much room. This has been a great winter for training, not much snow."

Hike qualified by virtue of his time in the Bay State Marathon in Holyoke in May.

John Sibley, 32, was on his way out the door for a run when he was reached. He is running

■ Boston Marathon

"The people along the way are unbelievable," she said. "They give the runners high fives, lots of cheering...The cheering really helps the runners."

in his second marathon, his first Boston Marathon, and is running to benefit a new charity for Lou Gehrig's Disease. His goal is to raise \$10,000.

Sibley has been running since high school, and often enters 5K, 10K and half marathons in the area. He puts in about 20 miles a week in training, often after work wearing a reflective sweatsuit. The flu set him back a bit, but he also said it has been a great winter for training. He ran to Marshfield last weekend, and frequents Bay Road and the Powder Point Bridge area.

Dr. Siobhan Sheehan, 34, is another runner who may be seen on Powder Point Avenue and Bay Road. An orthodontist with an office in Duxbury, she is running in her second Boston Marathon — her first was in '94. A long time runner, she is running to raise money for the National Spinal Cord Injuries Association, "to raise money for people who can't run themselves," she said.

"The people along the way are unbelievable," she said. "They give the runners high fives, lots of cheering. The crowds in the Wellesley College area are the best. The cheering

really helps the runners."

Sheehan does 5-6 miles five times a week. "That takes about an hour a day," she said. On weekends she takes longer runs, up to 22 miles all around Duxbury. "The training period is spread out over three months. I subscribe to *Runner's World* and they publish very good regimens on how to prepare." She enters the Falmouth Road Race every year, as well as the local Duxbury races on July 4th and the Turkey Trot. In May, she competed in a 13 mile race in Vermont. "It's nice to do this for a good cause," Sheehan said.

Other Duxbury runners, according to the Boston Marathon's official Web site, are Alison Raabe, Gerald Bray, Joseph Gaughan, Mary Algier, Pamela Smith, Stephen Cameron, Timothy Duffy, William O'Neil, and William Neville.

Many runners get into the Boston Marathon as official participants by gaining an invitation from a charity such as the Dana-Farber runners. For those causes, the Boston Athletic Association waives their stringent time qualifications in an effort to promote good health and physical fitness in Boston area and beyond, and to help raise money for the charity. Runners join in the Challenge Patient Partner, undertaking the marathon on behalf of a young cancer patient or in memory of a child who fought the disease. Other charities offer similar invitations to runners who agree to raise significant amounts of money for the privilege of running. O'Neil is running his fourth marathon for Dana-Farber, which hopes to raise \$1 million this year from 350 runners participating in the race.